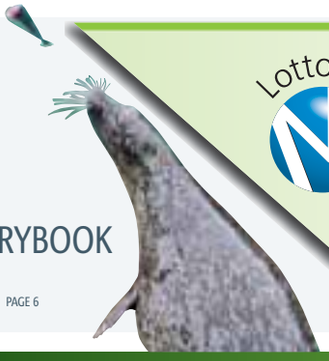
SEAL YOU LATER

COUNTDOWN BEGINS FOR STORYBOOK SEALS' MOVE TO THEIR NEW HOME PAGE 6



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LONDON metro®

Monday, May 28, 2012

News worth sharing.

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JUST WAIT TILL NEXT YEAR

Members of the London Knights stand dejected on Sunday night after being defeated by the Shawinigan Cataractes during the 2012 MasterCard Memorial Cup game at the Bionest Centre in Shawinigan, Que. The Cataractes won 2-1 in overtime. More coverage, pages 2-4. RICHARD WOLOWICZ/GETTY IMAGES

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NEWS

On the web

The proposal heard round the world

Portland actor Isaac Lamb is getting a whole lot more than he bargained for. After posting his flash-mob-meets-lip-sync marriage proposal on YouTube six days ago, his romantic gesture has been viewed close to two million times, received international attention and been called the "greatest marriage proposal ever." Watch him get his girl at metronews.ca.

Gay-pride activists blocked in Russia

Gay activists tried to stage two demonstrations in Moscow on Sunday to demand the right to hold a gay-pride parade, but they were blocked first by Orthodox Christian opponents and then by police, who detained about 40 people from both sides of the issue. Watch at metronews.ca

Mobile news

What defines sugar? It's getting to be a stickier question, and the fight over the answer has taken a bitter turn. Scan the code to read more.

London falls to host Shawinigan in OT

Frenzy. Memorial Cup final win was the Cataractes' fourth game in five nights

Anton Zlobin scored his second goal of the game 17:51 into overtime to lift the Shawinigan Cataractes to their first MasterCard Memorial Cup title with a 2-1 victory over the London Knights on Sunday night.

Zlobin took a pass from behind the net from captain Michael Bournival and drilled a quick shot that beat Knights goaltender Michael Houser and sent the sellout crowd into a frenzy. The Cataractes forward leapt into the air before he was mobbed by teammates on the ice.

Zlobin had tied the game in the second period after Ryan Rupert scored in the first for the Ontario Hockey League champion Knights.

It was the first overtime in nine tournament games and it came with Shawinigan playing a fourth game in five nights.

London was coming off a five-day break.

More than 5,000 fans were crammed into the 4,125-seat Bionest Centre, crowding into standing room and even sitting in the stairways, with air horns and Thunderstix adding to the din.

After the second period, the PA announcer reminded fans that air horns were "restricted," but the blaring went on just the same.

London had the better of the play for most of the game, keeping the Cataractes to the outside on defence and generating several chances at the other end, where Cataractes goaltender Gabriel Girard had a superb game.

Final shots were 36-35 for Shawinigan.

The Knights executed their trap and counterattack game to perfection, taking a 13-4 lead in shots in the opening period and scoring the first goal. Strong forechecking produced the chance, as Matt Rupert set up his twin brother Ryan from behind the net 5:42 into the game.

Memorial Cup 2013

Next year's Memorial Cup will be in Saskatoon.

London Knight Ryan Rupert celebrates scoring the first goal as Shawinigan Cataracte Michael Chaput skates past during the first period Sunday in Shawinigan, Que. JACQUES BOISSINOT/THE CANADIAN PRESS

Shawinigan did not get a shot on goal in the opening 10 minutes.

The Cataractes picked up the tempo in the second period and tied the game when Kirill Kabanov's shot went off Tommy Hughes' stick to the crease for Zlobin to put in at 3:01.

Shawinigan Cataracte Loik Poudrier gets squeezed between London Knight Vladislav Namestnikov and goalie Michael Houser during the second period Sunday. JACQUES BOISSINOT/THE CANADIAN PRESS

There were glittering chances in a fast-paced third period, especially the Knights' best unit of Austin Watson with the Rupert brothers, who failed to bury a handful of chances.

It was the first final to go to overtime since 2001, when Red Deer beat Val d'Or.

The Cararactes were among the founding members of the QMJHL in 1969 but had never won the Memorial Cup.

They reached the final in 1985, losing 6-1 to the Prince Albert Raiders. Shawinigan was the host team, but the final was moved to Drummondville, Que., because the old Jacques Plante Arena was considered inadequate for television.

THE CANADIAN PRESS

For more visit metronews.ca/london

Past 45 champions

2012 - Shawinigan Cataractes
2011 - Saint John Sea Dogs
2010 - Windsor Spitfires
2009 - Windsor Spitfires
2008 - Spokane Chiefs
2007 - Vancouver Giants
2006 - Quebec Remparts
2005 - **London Knights**
2004 - Kelowna Rockets
2003 - Kitchener Rangers
2002 - Kootenay Ice
2001 - Red Deer Rebels
2000 - Rimouski Oceanic
1999 - Ottawa 67's
1998 - Portland Winterhawks
1997 - Hull Olympiques
1996 - Granby Predateurs
1995 - Kamloops Blazers
1994 - Kamloops Blazers
1993 - Sault Ste. Marie Greyhounds
1992 - Kamloops Blazers
1991 - Spokane Chiefs
1990 - Oshawa Generals
1989 - Swift Current Broncos
1988 - Medicine Hat Tigers
1987 - Medicine Hat Tigers
1986 - Guelph Platers
1985 - Prince Albert Raiders
1984 - Ottawa 67's
1983 - Portland Winter Hawks
1982 - Kitchener Rangers
1981 - Cornwall Royals
1980 - Cornwall Royals
1979 - Peterborough Petes
1978 - New Westminster Bruins
1977 - New Westminster Bruins
1976 - Hamilton Fincups
1975 - Toronto Marlboros
1974 - Regina Pats
1973 - Toronto Marlboros
1972 - Cornwall Royals
1971 - Quebec Remparts
1970 - Montreal Jr. Canadiens
1969 - Montreal Jr. Canadiens
1968 - Niagara Falls Flyers
1967 - Toronto Marlboros

The game that had us on our feet

Things looked great for the Knights early on with a 1-0 lead, and London fans cheered Sunday at Joe Kool's (599 Richmond St.) as the team scored the opening goal in the Memorial Cup final against the Shawinigan Cataractes. The Knights' Ryan Rupert scored 5:42 into the first period. ANGELA MULLINS/METRO

We'll get 'em next time. Tight Memorial Cup match proof that team will be tough to handle in 2013-14

ANGELA MULLINS
angela.mullins@metronews.ca

Win or lose, the London Knights have a lot to be proud of, fans said Sunday.

"I can't believe how far they've gone with such a young team this year," said Knights season-ticket holder Walter Nowobranec, one of about a thousand fans watching the Memorial Cup final at Western Fair District.

"Win or lose, we've won."

In many ways, the team's playoff run that ended with a 2-1 overtime loss to the Shawinigan Cataractes is a victory, some said.

Longtime fan Bill Parker wears a jersey from 1973. JOHN MATISZ/METRO

The team wasn't supposed to even sniff at the final this year, and that made watching Sunday's nail-biting battle everything — and in some cases, more than — loyal followers could have imagined.

"These guys here are fighting for it," said Sid Wilson, 21, at Joe Kool's.

The game brought big crowds out to area bars and other venues that hosted Knights parties.

"You know it's a good game when you can get a bar full of fans yelling at a screen," Wilson said.

Yelling — and then some.

As the Knights and Cataractes fought for the Canadian Hockey League title, fans at London bars jeered penalty calls, sighed in unison at close shots on goal, broke into chants of "Go Knights Go!" during TV timeouts, and cheered nearly every time the team handled the puck.

The end result dampened spirits, but not enough to dampen hope for the future.

"I can't wait for next year," said Riaz Jiwa, 35, at FitzRays. "Everyone's still young."

Christina Marquis, 26, left, and Roula McKiel, 50, both of London, get to their feet at the Western Fair Progress Building Sunday night after Ryan Rupert scored the opening goal of the game. JOHN MATISZ/METRO

Former Knights were there for present-day cup chasers

Alumni. As the 2012 edition played for a championship, they could count on former players to be there

JOHN MATISZ
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As the only two teams in franchise history to play for the Memorial Cup, the 2005 and 2012 editions of the London Knights now hold a permanent association.

Helping tighten the link is the fact that the Hunter trio of Mark, Dale and Dylan have been core contributors to both runs. Another indicator is the tremendous support the current team has received from its alumni, particularly the '05 club.

Four players from that group, grinder Kelly Thomson, Hart Memorial Trophy winner Corey Perry, Swedish Elite Leaguer Rob Schremp, and former captain Danny Syvret, took a charter flight to Shawinigan, Que., just to take in the final game.

"For most of us, it's an organization that gave a lot to us," Thomson, 27, said over the phone shortly after landing. "They gave us our start, so we're always there to get behind them."

Throughout the 2011-12 season, a good dozen members of the '05 squad were spotted in bowels of the John Labatt Centre during Knights games.

Their connection to the franchise is seemingly unbreakable.

"My years there were probably some of the most important of my career," NHLer Brandon Prust, 28, said over the phone from New York City. "The Hunters jump-started my career. I have a tremendous amount of respect for them."

Former London Knight Brandon Prust eyes the play during a game against the Sault Ste. Marie Greyhounds at the John Labatt Centre in October 2004. CLAUS ANDERSON/GETTY IMAGES

As arguably the greatest major junior hockey team in history, the '05 team has some serious clout. The '12 squad, on the other hand, wasn't projected to even make the OHL finals

Are the first-timers shocked with their overachievement?

"I'm not surprised at all," Prust said. "Both coaches really know the game; they've got such a good program up there."

Thomson, head coach of the London Nationals junior B squad, has come in contact with the current group fairly often. He felt the success was coming.

"It's their time," Thomson added simply. "The passion both teams have shown cannot be denied."

Follow John Matisz on Twitter @Metro_JMatisz

Twitter

Many current and former Knights were on Twitter on Sunday talking about the Memorial Cup. Here's a sampling of what they said:

@TroyDonnay
Good luck to @GoLondonKnights and all the boys tonight #BringErHome #MemCup

@Guimond15
Good luck to the @GoLondonKnights for tonight #memcupfinal

@DaveBolland
@GoLondonKnights Goodluck tonight boys

@LeighSalters
RT @m_dorazio51: Good luck to @GoLondonKnights tonight in the Memorial Cup Final , bring it home fellas

@43_Kadri
good luck to the @GoLondonKnights in the mem final tn. I think i like our chances, ill be watching u guys go to work #champagneshowers

@JohnCarlson74
Good Luck to the @GoLondonKnights and @Jknight97 at the #MemorialCup

@MichaelDelZotto
@JohnCarlson74: Good Luck to the @GoLondonKnights and @Jknight97 at the #MemorialCup" feels like yesterday we had those jerseys on

@DannySyvret
Off to Shawinigan to catch the game. See you soon @GoLondonKnights. #FacePaint

@Jknight97
4 years in the OHL, finally a chance to win a Memorial Cup tonight

@RobSchremp
Off to Shawinigan with the band of brothers #goknightsgo

@c_martin26
Last game of my junior career couldn't ask for a better ending or a better group of guys! #MemorialCup #LondonKnights #pumped

@gmckegg14
Last game of the year #memcup

Leighanne Minaker, a bartender at London sports bar Friday Knight Lights, pours a green beer in honour of the London Knights Sunday afternoon before the Memorial Cup final. JULIAN UZIELLI/FOR METRO

Memorial Cup final brings Londoners downtown early

Bars and restaurants all over downtown prepared for large crowds to watch the Memorial Cup final Sunday night.

At around 1:30 p.m. Sunday, the excitement had already started at Friday Knight Lights, a Richmond Street sports bar. At that time, about 20 fans had already grabbed their seats — much more than usual for a Sunday afternoon.

"We usually maybe have three people by this time," said bartender Leighanne Minaker, who expected more than 100 patrons by game time. The bar was showing the game on all 26 of its flatscreens, giving away Knights-themed prizes, and even added devilled eggs and potato salad dyed Knights green to its menu.

The nearby Richmond Tavern expected less of a bump in business, but there was one noteworthy event: "For the first time ever, we have a reservation," said bartender Tracy Rose of the group of seven or eight who had reserved a big round table by the TV.

"It's highly unusual — we've never had that before."

JULIAN UZIELLI/FOR METRO

Education. Report urges review of services for special-needs students

A review of how Ontario's schools serve special-needs students should be carried out and the province should devise better policy to support connections between schools and their wider communities at a time of falling enrolment, a new report recommends.

The annual report by People for Education being released Monday expresses dismay at the inability of the system to deal properly with students with special needs.

"We were shocked to find that, in many schools, there are caps on the number of students who can be assessed," the report states.

"At the same time, the ratio of special-education students to special-education teachers has risen dramatically."

About half of all schools cap the number of students who can be assessed for each year, with about 35,000 students on waiting lists for special-ed services — a substantial decline from a decade ago.

While the percentage of elementary students receiving special-ed assistance has climbed substantially in the past dozen years from 11 to 18 per cent, student-teacher ratios have jumped from 22 students per teacher to 36, the report states.

The report finds Ontario lags behind other provinces, which have comprehensive policies and dedicated funding to support school links to community services such as child care, employment, libraries and recreation programs, as well as to mental and medical-health services.

THE CANADIAN PRESS

The findings

- Only half of elementary schools across Ontario have a teacher-librarian, down sharply from 80 per cent 1998, with northern Ontario having proportionately the lowest number, the report says.
- Among its recommendations, People for Education urges the province to develop "a more effective, less divisive and less taxing method" for making decisions on school closings than is currently in place.

London festival goes to the dogs

Joseph Paciocco, 26, of London donates a bag of dog food to the London Food Bank as his girlfriend, Kristina McIntyre, 27, of London and their goldendoodle, Bram, look on Sunday during the Downtown Dogs festival at the Covent Garden Market. The festival, hosted by the Barkery, was designed to collect pet food for families who use the food bank and highlight local groups that support dogs and their owners. Organizers hope the festival can became an annual event. ANGELA MULLINS/METRO

Woodstock

Standoff suspect surrenders

There were some tense moments in a Woodstock neighbourhood Sunday morning as police tried to talk down a man allegedly wielding a nail gun.

Woodstock police say they received a 911 call from people inside a home at 774 Normandy Dr. at 3:34 a.m. They told officers a 30-year-old family member was drunk and out of control. They alleged he had assaulted them and was armed with a nail gun.

Officers arrived on scene and evacuated the home and the male suspect was found in the basement. Police say they then began trying to negotiate with him.

It was at that point that officers say the man tried to cut the natural-gas line, but officials were able to turn off the supply. As a precaution, police evacuated eight area homes.

At around 5:30 a.m. the man allegedly started a large fire in the home's basement and then surrendered. Woodstock firefighters put the blaze out quickly.

AM980/AM980.CA

City solicitor. Councillors hiring lawyers deemed OK

City solicitor James Barber is recommending only minor wording changes after reviewing a bylaw designed to protect councillors from liability while working on behalf of Londoners.

Councillors requested the review in March, several weeks after a city resident complained the bylaw should not allow politicians to hire their own lawyers at taxpayers' expense.

Barber, in a report that goes to the finance and administrative services committee on Monday, says London's bylaw is on par with those in municipalities across Ontario. Courts have ruled that councillors are free to seek their own representation and should not be represented by the city solicitor without explicit consent.

The conversation was driven by councillors' requests to hire lawyers for investigations into alleged Municipal Act violations.

The committee also will hear a proposal from Coun. Paul Hubert that a category for "sponsorship" or "event ticket purchases" be added to a policy outlining councillors' reimbursement for expenses. A request from Coun. Harold Usher for reimbursement of $766 he used to campaign for a seat on the Federation of Canadian Municipalities' board of directors will also be heard.

ANGELA MULLINS/METRO

Coun. Paul Hubert METRO

Other meetings

- **Planning and environment, 4 p.m. Monday**: Staff will update members on an Ontario Municipal Board appeal stemming from a committee of adjustment refusal to grant a variance for a University of Western Ontario construction project near Richmond Street and Windermere Road.
- **Civic works, 4 p.m. Tuesday:** Receive an environmental study for about $47.1 million in work on Sunningdale Road to be done in 2014 and 2019. Recommend contracts worth about $2 million for improvements to Wonderland Road North, near Fanshawe Park Road.

Violence. Police investigate two gun-related incidents

Police are investigating two separate gun-related crimes that happened Saturday night.

Two men, one of whom was carrying a handgun, broke into and robbed an apartment at 1255 Huron St. at about 9:15 p.m., police say. One victim received minor injuries.

One suspect is described as a six-foot-five black man, about 25 years old with a wide nose, medium build and a Jamaican accent. The other is described as a black man with lighter skin, about 24 and six-foot-three with a medium build.

Another man sustained a single gunshot wound at 11:12 p.m. near Boullee and Victoria streets. The man is in stable condition. There are no suspects. JULIAN UZIELLI/FOR METRO

Got a tip?

- **Investigation.** Police are investigating whether the two incidents are connected. Anyone with any information should call Crime Stoppers at 1-800-222-TIPS (8477), or visit londoncrimestoppers.com.

Pedestrian accident

Man struck by motorcycle

A 66-year-old man is in serious condition in hospital after being hit by a motorcycle near Dundas and Beatrice streets on Saturday at 1 p.m. The man was crossing Dundas when he was hit. Police are investigating, though they say it is not being considered a criminal matter. METRO

Baseball

Rippers blasted in series finale

Four home runs carried the Gateway Grizzlies to a series win over London, blowing out the Rippers 11-1 in Frontier League baseball action at Labatt Park. The four-run inning was highlighted by Richie Jimenez Jr.'s three-run homer. A solo homer for London came from Mark Samuelson. METRO

Storybook Gardens staffer Elizabeth Lourenco helps Quinn McCrea, 7, and his sister, Kaylee McCrea, 4, both of Paris, Ont., toss going-away cards for the attraction's harbour seals in a basket Sunday afternoon. Hundreds of children were on hand for a two-day farewell party to mark one of the seals' final weekends in London. The basket of postcards will accompany the seals to their new home at the St. Louis Zoo in Missouri. ANGELA MULLINS/METRO

Seal send-off draws a sentimental crowd

Farewell. Storybook harbour seals will officially say goodbye next month

ANGELA MULLINS
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Storybook Gardens' seals are, to a certain extent, part of Shona McCrea's family.

The Brantford native made regular trips to London for seal visits as a child.

Now living in Paris, Ont., she has carried on the tradition, bringing her children — Quinn, 7, and Kaylee, 4 — to Storybook Gardens as much as possible.

When McCrea heard the seals were on the move — being shipped off to a new pool at Missouri's St. Louis Zoo — she just had to pay the animals one last visit.

"That was part of my childhood," McCrea, 40, said Sunday. "I wanted (my children) to experience that as well.

"We'll still come (to Storybook). It just won't be the same."

The family was among hundreds of people who stopped by a two-day farewell party for the four harbour seals.

Some, like McCrea's children, took time to write going-away cards for the animals, while others took in feeding time at the seal pool.

People who missed the official goodbye can still say their final adieu in coming weeks. The seals — Cri Cri, Peanut, Nunavut and Atlantis — aren't expected to leave London until June.

Nikki Youngblut, who works in animal care at Storybook Gardens, feeds a harbour seal Sunday. ANGELA MULLINS/METRO

They'll make the 14-hour trip to St. Louis on an air-conditioned truck and be kept company by a marine-mammal curator. Their new pool — just built for $18 million — holds 946,000 litres of water compared to the 379,000-litre enclosure at Storybook.

Seal mania

- **Clear-out.** Storybook Gardens is getting rid of all but its barnyard animals, and the seals will be the last to go.
- **Escape.** The Springbank Park attraction became known for its marine mammals after a sea lion escaped into the Thames River shortly before the facility opened in 1958.
- **Return home.** Nicknamed Slippery, the animal was found in Lake Erie near Sandusky, Ohio, and was welcomed back to London by some 50,000 people.

Follow Angela Mullins on Twitter @MetroAngela

London CANADA

METRO FILE

City water restrictions lifted

Emergency restrictions on water use for London residents were lifted at 6 p.m. Saturday. London had been asking residents to hold off on chores like laundry and dishes since Wednesday, when the main pipe carrying water from Lake Huron to London burst near Mount Carmel.

On the day before the break, Londoners used 142-million litres of water, a figure that dropped significantly after the advisory was put in place the next day. Water use was reduced by 12-million litres, with Londoners using only 130-million litres, said Dan Huggins, manager of water quality.

Reducing water usage helps to maintain water pressure in the city's reservoirs, which is integral to keeping the system running, Huggins explained.

"When people are using water faster than we can replenish it, our reservoir levels just keep getting lower and lower," he said.

Huggins said it was difficult to be certain what caused the 46-year-old pipe to burst, but corrosion of the steel in the mostly concrete pipe may have been involved. A new section of pipe has been installed in the place of the one that failed, he said. JULIAN UZIELLI/FOR METRO

Missing Winnipeg brother and sister found in Mexico

Kidnapped in 2008. Children were kept in a home with barbed wire, security cameras, say media reports

BERNICE PONTANILLA
Metro in Winnipeg

Dominic, right, and Abby Maryk, who were kidnapped in 2008, have been located in Mexico, according to local media. CONTRIBUTED/THE CANADIAN PRESS

Two Winnipeg children at the centre of a high-profile child-abduction case have been located in Mexico, Winnipeg police have announced.

Siblings Dominic and Abby Maryk were abducted in August of 2008 when they were seven and six, respectively. They were on a court-ordered visit with their father, Kevin Maryk, when they vanished.

Since then, their mother, Emily Cablek, and Winnipeg police have worked very hard to find the missing pair, holding press conferences and posting videos in 2009 and 2011 for the safe return of the children.

On Saturday, police issued a media advisory stating that they have been involved in a lengthy investigation with Mexican authorities and "significant developments" occurred on Friday.

Police would not comment further, saying that details will be made public during a press conference on Monday at 11 a.m.

Mexican newspaper Milenio said a Guadalajara man named "Armando" saw a television news report that mentioned the missing children, kids who bore a striking resemblance to two children who for the previous couple weeks had been living in a home in the area of Jardines de los Puentes in Zapopan.

Media reports stated the home was equipped with security cameras and barbed wire. Pornographic materials and drugs were reported seized.

'Nyet' to pride in Moscow

Russian cops detain a gay-rights activist during an attempt to hold a pride parade in Moscow on Sunday. Police have detained a dozen protesters demanding the right to hold a gay-pride event. Activists have long petitioned the Moscow government for permission to stage such a parade, but have always been denied.

MIKHAIL METZEL/THE ASSOCIATED PRESS

Miami police kill face-eating attacker

Miami police shot and killed a naked man who mauled another man on a downtown causeway off-ramp on Saturday, then chewed on his victim's face as horrified drivers looked on.

Witnesses reported seeing a naked man on the MacArthur Causeway off-ramp around 2 p.m. Saturday, who was attacking the other man by viciously chewing on his face.

A police officer was summoned and instructed the naked man to back away. When the attacker refused to comply, the officer shot him several times. Miami police confirmed the shooting in a press release but did not release the identities of the men.

Police did not provide details of the incident, but sources told CBS News that after the attacker was shot dead, police and paramedics were able to rush the victim, whose face had been mauled to the point of being unrecognizable, to Jackson Memorial Hospital's trauma centre. He is listed in serious condition but is expected to survive.

METRO

Afghans protest the deaths of villagers. THE ASSOCIATED PRESS

NATO air strike

Coalition disputes deaths

The U.S.-led coalition on Sunday disputed reports that eight civilians, including children, were killed in a NATO air strike in a remote part of eastern Afghanistan. Afghan officials said an airstrike Saturday night killed eight members of a family, but a senior NATO official said that there is no evidence of civilian casualties.

THE ASSOCIATED PRESS

Fatalities

Syria denies responsibility

More than 90 people were left dead in the Houla area and Syria blamed the killings on "armed gunmen" who also attacked soldiers. THE ASSOCIATED PRESS

Leaks. Vatican left in chaos as Pope's butler stands accused in scandal

The Vatican's investigation into the source of leaked documents has yielded its first target with the arrest of the Pope's butler, but the investigation is continuing into a scandal that has embarrassed the Holy See by revealing evidence of internal power struggles, intrigue and corruption in the highest levels of the Catholic Church.

The detention of butler Paolo Gabriele, one of the few members of the papal household, capped one of the most convulsive weeks in recent Vatican history and threw the Holy See into chaos as it enters a critical phase in its efforts to show the world it's serious about complying with international norms on financial transparency.

The tumult began with the publication last weekend of a book of leaked Vatican documents including correspondence, notes and memos to the Pope and his private secretary.

It peaked with the inglorious ouster on Thursday of the president of the Vatican bank. And it concluded with confirmation Saturday that Pope Benedict XVI's own butler was the alleged mole feeding documents to Italian journalists in an apparent bid to discredit the pontiff's No. 2.

The Pope's butler, Paolo Gabriele, seen here holding an umbrella, was arrested. THE ASSOCIATED PRESS

The bank, known as the Institute for Religious Works, issued a scathing denunciation of former president Gotti Tedeschi in a memorandum obtained Saturday.

Tedeschi hasn't commented publicly about his ouster or the reasons behind it, saying he has too much admiration for the pope to do so. Tedeschi was also accused of leaking documents. The 46-year-old father of three has been in detention since Wednesday.

THE ASSOCIATED PRESS

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HEALTH UNIT

Facebook's small investors bitter, divided on next step

Wall Street. In lawsuits, Morgan Stanley is accused of sharing negative analyst report about Facebook with favoured clients

The response from small-time investors to Facebook's debut as a public company has been equal parts frustration, confusion and bitterness. Fed up, some are dumping their shares and accepting the losses. Others, while miffed, are holding on and hoping to ride the stock's eventual success.

Some are irked over reports that Morgan Stanley, which guided Facebook through its public debut, allegedly told only some select clients of an analyst's negative report about Facebook before its stock began trading May 18. As the lead underwriter for Facebook's IPO, Morgan Stanley was expected to set shares at the highest price it thinks the market will bear. But investors have also come to expect that an initial share price will be low enough so the stock can climb on the first day, when interest typically peaks.

Looking back, some individual investors say they recognize that Facebook's initial $38 US stock price was too lofty. It was more than 80 times the company's 2011 earnings per share. The average for companies in the Standard & Poor's 500 index is far cheaper, about 19 times earnings.

Among those who blame their brokers is Joshua Freeman, who said he bought 200 shares in the IPO after his broker at Morgan Stanley Smith Barney asked if he wanted in. Freeman says he's considering closing his account at Morgan Stanley.

Morgan Stanley disputes the allegations. THE ASSOCIATED PRESS

Television correspondent Sabrina Quagliozzi reports from inside the Nasdaq MarketSite in New York's Times Square on May 21.
RICHARD DREW/THE ASSOCIATED FILE

CP Rail. Ottawa to table back-to-work legislation

The Harper government is expected to introduce legislation ordering striking workers at Canadian Pacific Railway Ltd. back to work on Monday after talks with the union broke off.

CP Rail and the union representing 4,800 workers who have been on strike since Wednesday confirmed that talks had broken off with little hope of resumption. "With the mediator withdrawing and the federal minister releasing the parties this afternoon, the legislative process can now commence," said Ed Greenberg, a spokesman for CP Rail.

Labour Minister Lisa Raitt said she still hoped the parties could agree on a process that would end the strike, but made clear she would not wait long. Raitt said government officials have been talking with impacted industries, farmers and the mining sector, and the reports are that the strike is "starting to actually affect their operations."

"That's the kind of national economic significance we are looking for in order to intervene," she told CTV's Question Period.

The minister gave notice of intention to intervene shortly after Wednesday morning's walkout halted the company's freight-train service across the country, meaning she can table the bill as early as Monday and strikers can be ordered back to work later in the week.

As she did with two previous labour disputes — affecting Air Canada and Canada Post — Raitt cited the damage to Canada's fragile economic recovery for quickly bringing the strikes to an end. THE CANADIAN PRESS

Quoted

"What we're talking about is the prolonged effect of a strike.... That's when you start seeing some really significant effects on the economy."

Labour Minister Lisa Raitt

CEO pay up more than 6% last year, analysis finds

Profits at big U.S. companies broke records last year, and so did pay for CEOs.

The head of a typical public company made $9.6 million US in 2011, according to an analysis by The Associated Press using data from Equilar, an executive-pay research firm.

That was up more than six per cent from the previous year, and is the second year in a row of increases. The figure is also the highest since the AP began tracking executive compensation in 2006.

Companies trimmed cash bonuses but handed out more in stock awards. For shareholder activists who have long decried CEO pay as exorbitant, that was a victory of sorts.

That's because the stock awards are being tied more often to company performance. In those instances, CEOs can't cash in the shares right away: They have to meet goals first, like boosting profit to a certain level.

The idea is to motivate CEOs to make sure a company does well and to tie their fortunes to the company's for the long term. For too long, activists say, CEOs have been richly rewarded no matter how a company has fared — "pay for pulse," as some critics call it.

To be sure, the companies' motives are pragmatic. The corporate world is under a brighter, more uncomfortable spotlight than it was a few years ago, before the financial crisis struck in the fall of 2008.

Last year, a law gave shareholders the right to vote on whether they approve of the CEO's pay. The vote is nonbinding, but companies are keen to avoid an embarrassing "no."

"I think the boards were more easily shamed than we thought they were," says Stephen Davis, a shareholder expert at Yale University, referring to boards of directors, which set executive pay.

In the past year, he says, "Shareholders found their voice."

The typical CEO got stock awards worth $3.6 million in 2011, up 11 per cent from the year before. Cash bonuses fell about seven per cent, to $2 million. THE ASSOCIATED PRESS

Benefits

In the small world of big CEOs, the perks can be spectacular. Drivers, country-club memberships, use of company aircraft — those splashy extras are fairly routine. And so are less-splashy extras, with companies often shouldering the cost for the boss' personal financial planning or annual physical. Among the perks showered on CEOs last year:

- Martha Stewart Living Omnimedia spent $73,230 on a weekend driver for its eponymous founder.
- Wynn Resorts spent $910,345 letting CEO Stephen Wynn use a company plane for personal travel. It also gave up $503,831 by keeping a suite at a Las Vegas resort.

sweat
of the month
from the Just Sweat Team
Q. How do I get my partner to be healthy? He's always complaining that he needs to get in shape, but when I tell him to go to the gym or put down the chips he gets very angry. What can I do?
A. It's very tough to get started on a routine or nutrition plan when you don't know where to begin. Even though you're trying to help, telling him things he already knows may be adding to the guilt he already feels. This will cause him to feel pressured and overwhelmed. Try a different approach. Find some physical activities you both like doing once or twice a week, offer to do the cooking or grocery shopping, follow a nutritional meal plan yourself and he will probably join you. Trying to take on everything at once is not realistic and will usually cause you to fail, which adds a blow to the ego. Positive reinforcement works every time and remember, nobody wants to be unhealthy so he will probably respond well to the help. After he sees results with the small steps, he might want to consider enlisting the help of a Personal Trainer. Good luck!
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$50-million lawsuit

Crew members of ship pirated off Somalia sue

More than half the crew members of a container ship that was at the centre of a piracy drama off Somalia in April 2009 are suing for nearly $50 million US, contending their captain ignored warnings to sail clear of pirate-infested waters off Africa.

The lawsuits have been filed by 11 crew members aboard the Maersk Alabama, a Norfolk-based ship, the Virginian-Pilot newspaper reported Saturday.

The five-day standoff ended when Navy SEALs killed three of Capt. Richard Phillips' captors. While Phillips was hailed as a hero, crew members allege his actions put them in grave danger. THE ASSOCIATED PRESS

Yahoo

Digital magazine designed for iPad scrapped

Yahoo has killed Livestand, a tablet magazine, just six months after its debut on the iPad.

The decision announced Friday is part of the struggling Internet company's latest turnaround effort.

Last month, Yahoo Inc. told analysts it would close or combine about 50 services that haven't been performing up to expectations.

That housecleaning plan was drawn up by Yahoo's former CEO, Scott Thompson, whose four-month stint at Yahoo ended two weeks ago when he stepped down over incorrect information on his bio.

THE ASSOCIATED PRESS

TEEN A NATURAL WAR AMPS 'CHAMP'

URBAN COMPASS
Todd Devlin
london@metronews.ca

The War Amps has been part of Emily McDermott's life since she was an infant. So the 15-year-old says it was only natural for her to continue being involved with the organization as a junior counsellor and mentor to younger child amputees (Champs).

"I have been inspired by the members of War Amps and the junior counsellors since I was little," McDermott said. "I would not be the same person if not for them, so it's extremely important for me to give back."

Last weekend, McDermott served as a role model to numerous young amputees from across the province as the War Amps 2012 Ontario Champ seminar was held at the Four Points by Sheraton Hotel in London. The teenager took part in several interactive sessions with youngsters and their parents during the three-day event.

"What we do as junior counsellors is basically give people hope, inspiration and someone to look up to," McDermott said. "We discuss our lives as amputees and how to deal with some of the struggles we have."

Those struggles can include having to deal with staring, teasing and bullying, as well as experiencing body-image issues and difficulties performing certain tasks. But McDermott, true to the War Amps mentality, is a strong believer in having a positive attitude in meeting and overcoming obstacles.

"We show them (young amputees) that things are possible and help them to figure out how," McDermott said. "The main thing we try to portray is that if we can do it, why can't you?"

A winning spirit is something McDermott has always carried with her. Born a partial right-hand amputee, she hasn't let it restrict her life. She enjoys a wide range of activities, including playing the cello — with the help of a device provided by the War Amps. In fact, through the Champ program, the non-profit organization has been a great help for McDermott ever since she was just three months old.

"They have done so much for me, between seminars and paying for artificial limbs, which get quite costly," she said. "My experience being a Champ has certainly been a life-changing one. I have met so many people that have gone through similar struggles and have created bonds that will last a lifetime."

Over the weekend, McDermott got to see others from across the province form similar bonds — both children and parents alike. The teen offered practical advice and personal insight to younger Champs in attendance, and took part in sessions on the latest developments in artificial limbs and other devices.

Through her work as a junior counsellor, McDermott says she has grown stronger as a person and has improved her public-speaking skills. But above all else, she says her continued involvement with the War Amps is a way that she can give back.

"I love helping and giving advice to people," McDermott said. "It will sound cliché, but it's just what I'm meant to do."

For more information on the War Amps, visit: waramps.ca.

Wild horses won't drag him away

MARTIN MEISSNER/THE ASSOCIATED PRESS

Endangered species

Feral herd caught once a year

A man catches a young wild stallion in Duelmen, Germany, on Saturday.

It is believed that this 350-hectare reservation in western Germany is home to the last herd of wild horses on the European continent.

THE ASSOCIATED PRESS

Young bucks wrangle young stallions

Europe's last wild horses are driven into an arena, where young men pick out and catch the young stallions. Once a year the newborn stallions are caught and sold. All mares stay with the herd and guarantee the survival of the endangered species.

Protected by a duke

300

More than 300 of the indigenous horses stay free and wild without any care under the protection of the Duke of Croy.

Quoted

"We show them (young amputees) that things are possible and help them to figure out how. The main thing we try to portray is that if we can do it, why can't you?"

Emily McDermott, War Amps junior counsellor and mentor to younger child amputees (Champs)

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

What's the most overrated burger topping?

Twitter

@TaylorChoma
As Londoners, we have some rights and responsibilities... One of those responsibilities is to watch the Knights game tonight! #GoKnightsGo

@LiminalArts
Alone in the half light. Listen to the rain. A day to write.

@DeniseTesta
Come on rain. We need you.

@beaumontpete
yesterday everyone in #ldnont was complaining about brown grass...now they will all be complaining they have to cut the grass #rain

@SudioC
Can't get the tent pegs out of the cement-like back yard. So now we may be able to get the tent out of the ground – but it will be soaked.

@edjackman
Sitting on the porch with my coffee & watching the thunderstorm. #easylikesundaymorning

metro

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SCENE

Box office

Men in Black 3 takes down Avengers

The suits have knocked off the superheroes at the box office. Will Smith and Tommy Lee Jones' sequel Men in Black 3 debuted as the No. 1 movie in the U.S. over the weekend with $55 million from Friday to Sunday. That bumps Disney's The Avengers into second-place after three blockbuster weekends on top for the superhero sensation. The Avengers took in $37 million over the three days to push its domestic total to $514 million and become only the fourth movie ever to top half a billion dollars.

THE ASSOCIATED PRESS

On the web

After threats of violence, Lady Gaga cancels Indonesia's Born This Way Ball show.

Rachel Nichols stars in Continuum, which premiered on Showcase last night. HANDOUT

Nichols heads into sci-fi territory with Continuum

New TV series.
Actress plays cop from 2077 sent back to the present in Canadian sci-fi drama airing on Showcase

IAN GORMELY
scene@metronews.ca

Where many actors snub sci-fi and fantasy as frivolous genres where canny ideas and special effects take precedence over story and character, Rachel Nichols sees them as immersive playgrounds.

"I love the escapism and using your imagination," says the actress, whose past credits include Conan the Barbarian, GI Joe: The Rise of Cobra and JJ Abrams' Star Trek reboot. "Given the genre it's completely believable and it's fun."

Her love affair with make-believe continues with her starring role in the new Canadian series Continuum, which premiered on Showcase last night.

Nichols plays Keira Cameron, a cop from the year 2077 accidently sent back to the present where she tries to stop a political uprising before it can change the course of history.

Keira is "a little bit robotic," she says. "Human relations are not her strong suit." But while her hard-boiled intensity is a hallmark of the series' first episode, Nichols says the character will get a chance to loosen up over the course of the show's 10-episode first season. "The fish out of water theme gets played with."

The show's creators already have story arcs for the first two seasons tentatively planned out in what Nichols calls the show's Bible.

But Nichols prefers to discover things as her character does. "I don't like to look at that," she says. "I like to be on a need to know basis."

Unsurprisingly, Continuum is shot in Vancouver, a city that's played host to a bevvy of sci-fi shows in the past including the X-Files, Stargate SG-1 and Battlestar Galactica.

Despite her previous roles, Nichols had never visited the city until this January, but she thinks the cityscape lends itself to future worlds. "It's so believable, the architecture with the arenas," she says. "It is the future."

TV and film

Throughout her career Nichols has flipped back and forth between television and film making with regular appearances on Criminal Minds and Alias as well as landing dramatic roles in Shop Girl and Charlie Wilson's War.

- But where there was once a stigma against film actors doing television, these days, few people make a distinction between the two mediums. "I like bouncing back and forth," she says. "That great divide doesn't exist anymore."
- More importantly, she says, the time it takes to get a project to air is significantly shorter than getting a film into theatres. "TV is almost like instant gratification."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Keira Knightley. ALL PHOTOS GETTY IMAGES

Keira Knightley engaged to Klaxons' James Righton

Keira Knightley is reportedly set to marry British musician James Righton, according to Hollyscoop — though details about the privacy-minded actress' plans are hard to come by. Righton, a member of the band Klaxons, recently moved into Knightley's London home, and the pair are apparently planning to expand the household: "They want to get a puppy. It's all pretty serious," a source says.

Will Smith.

Reporter snubbed, MIB-style

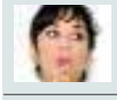
The Ukrainian red-carpet reporter who tried to kiss Will Smith — and ended up getting a slap from the Men in Black 3 star instead — is very, very sorry. "I just tried to kiss him on the cheek and he moved his head so fast," the reporter, Vitalli Sediuk, says in an interview with Hip Hollywood. "Then it turns out that I wanted to kiss him in the mouth or in the ear. It was chaotic." Overreactions aside, Sediuk regrets how things went down. "I do apologize for my behaviour," he says. "I think it was too much."

Twitter

@BetteMidler
If I had to do what people used to do, like weaving and making their own shoes, I'd be naked and barefoot.

@50cent
Fun facts I'm the reason artist have mix tapes in song format. As much as we would like to we can't rewrite history. I AM STREET KING

@SethMacFarlane
In some parallel universe there's an ad for a new sit-com that says "Based on the stand-up comedy of Ethan Hawke".



@SarahKSilverman
gonna go the other way with it & live for your sins

The Word

Glee star Cory Monteith takes a stand for at-risk youth

THE WORD
Kate Webb
scene@metronews.ca

Before 30-year-old Victoria native Cory Monteith was belting out ballads on hit TV musical comedy Glee, he was a troubled youth struggling with drug addiction and the issues that often come with a broken home.

These days he's a goodwill ambassador for RE*Generation, an initiative to address youth homelessness supported by Virgin Unite, the charitable arm of Sir Richard Branson's Virgin Group of companies.

Metro sat down with the six-foot-three triple-threat in Vancouver on Friday to talk about how more than $50,000 in grants from Virgin Unite will help local at-risk youth. The money is going to the Broadway Youth Resource Centre, and a theatre program for youth called Project Limelight.

(Sorry, Glee fans, questions about the show and his budding romance with co-star Lea Michele were strictly off limits!)

M: How did you become an ambassador for RE*Generation?
CM: I started with RE*Generation on behalf of Virgin Unite three years ago in Toronto, something like that, raising awareness of Canada's national youth homeless problem: how many homeless youth there are in the country. It's such a developed, wealthy nation really, per capita. That shouldn't be a problem.

M: Is that something you saw a lot of growing up on Vancouver Island?
CM: Sure. It's strange to grow up in a place like Victoria. It's beautiful. It's a postcard, with all these tourists coming from all over the world to see this beautiful city, you know, miniature little British town, and you have kids sleeping the streets and stuff in sleeping bags, in doorways. It doesn't seem congruent, it doesn't work, doesn't seem right, and I think it's systematic. It's not a matter of resources or ability to fix the problem, it's just a matter of finding the people that are actually going to do something about it at a community level."

M: What does Project Limelight mean to you personally?
CM: This is the same woman (Maureen Webb, co-founder of the Project Limelight Society), the same program under a different guise, that started me and sort of ignited my passion for the arts. It's the reason I started acting, so my heart is close to this program because it's inspiring kids to do something different, get involved in their community. The networking that happens for these kids, they get to all know each other. It's priceless, and it brings people together, and it keeps people out of trouble. It did for me.

CANADIANS CAN DONATE $5 TO VIRGIN UNITE AND RE*GENERATION BY TEXTING REGEN TO 30333.

Gisele Bundchen.

Gisele Bundchen and Tom Brady await baby number two

Gisele Bundchen and Tom Brady are expecting a second child, if the Brazilian supermodel's friends can be believed. Bundchen reportedly confided in several pals — including Givenchy fashion designer Riccardo Tisci — that she's two months pregnant, according to Brazilian Web site FamosasArtistas.com. Another baby would seem about right for the couple, as Bundchen has previously said in interviews, "I want to have a big family. I love kids."

Quoted

"I want to have a big family. I love kids."
Gisele Bundchen

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3 LIFE

Pregnancy

Watch your weight

If an expectant mother hopes to limit her chances of giving birth to an abnormally large baby, new research suggests her wisest course of action would be to control her own weight both before and during her pregnancy.

The study, published in the Canadian Medical Association Journal, challenges a growing consensus in the scientific community that elevated glucose levels in the mother are primarily responsible for overly large babies, a condition known as macrosomia.

Researchers at four Toronto-health institutions (Mount Sinai Hospital, Hospital for Sick Kids, St. Michael's Hospital and University of Toronto) conducted the study in response to a growing trend among medical professionals treating women for gestational diabetes, a temporary form of the disease only contracted during pregnancy.

Scientists monitored 472 women to gauge the effect of maternal weight, blood sugar and lipid levels on the size of a newborn child.

That data, published in the online issue of the Journal of Maternal Fetal and Neonatal Medicine, found that excessive weight gained during pregnancy increased the chance of producing a large baby regardless of whether the mother herself was overweight.

THE CANADIAN PRESS

On the Web

States urged to do better in aiding grandparents, other relatives who fill child-raising void

Mommy shaming: From 'Tan Mom' to Time mag

Parenting. Is it ever OK to judge mothers in the spotlight?

LINDSAY CROSS
Mommyish.com

This recent Time cover has caused much examination of mommyhood.

The Olympics are coming this summer. Let me tell you that if "Mommy Shaming" were up for a medal, there would be some fierce competition. Just how critical can we be when it comes to moms and their choices? I've recently gotten some first-hand knowledge that proves what a serious issue this has become.

I was pretty shocked when the simple act of allowing my daughter to occasionally put on make-up for special events created an internet backlash that didn't just take up mommy message boards, but landed a sidebar on the Yahoo homepage. While I never expected everyone to agree with me, because that's just ridiculous, I had no idea that so many people would choose to make huge assumptions about me and my life based on a five-minute snapshot of my daughter and me.

I was told that I'm a horrible parent who doesn't know how to discipline my child and might be "inviting" predators to assault her. All this over lip gloss and blush.

But the more I thought about this surprising outrage, the more I realized that I was just a small blip on the radar for mommy shaming everywhere. I was lucky.

For whatever reason, our culture has decided that it's perfectly acceptable to tear apart women for their parenting shortcomings. In fact, we seem to enjoy it.

The perfect example might be the story of "Tan Mom," a New Jersey woman who was arrested for possibly endangering her daughter by taking her to the tanning bed.

Patricia Krentcil's seriously bizarre appearance sparked a media frenzy, discussions of tanning addiction and of course, concern for Krentcil's five-year-old daughter who turned up to school with a severe sunburn.

But this story has been so much more than a mom who seems to have a severe addiction. It's been a huge joke, appearing on SNL and prompting an insulting exchange with Jersey Shore's Snookie. Before we even know exactly what happened, we've all judged, tried and convicted this woman. She claims that her daughter got burnt playing out in the sun, and if you see the little girl's red hair and pale complexion, it's easy to assume that she reacts really strongly to a little sunlight.

"Tan Mom" and her legal issues are a glowing reminder that we still need to educate people on the dangers of skin cancer. It's a reminder that addiction can take many forms. And it might even be a situation in which this little girl needs a new home until her mother can come to terms with her mental health issues. But did it need to be a circus where we all point and laugh at the crazy lady?

Whatever the questionable parenting practice is, there's probably a group of upstanding citizens ready to rip a mom to shreds because of it. Look at the controversial Time magazine cover.

Women who don't breastfeed are made to feel like horrible failures who are selfishly denying their children. But now women who discuss breastfeeding into the toddler years are warned that they're ruining their children for the rest of their lives. For a while it was Tiger Mothering, now it's Attachment Parenting that will get to face scrutiny and contempt.

Let's not even get started on Toddlers & Tiaras. As we've discussed plenty of times at Mommyish (a parenting website), we're firmly against the show that encourages women to sexualize and exploit their daughters on the kiddie pageant circuit.

But does that practice justify the serious hatred and vitriol that these women seem to inspire in people? I'm just not sure anymore.

The fact is, we all seem to feel pretty comfortable passing judgment on parents for big or small offences alike. So often, we see extreme stories like T&T or "Tan Mom" and we don't have a problem piling on the negativity. Lately, we're allowing that mentality to come out at smaller and smaller debates. And we're letting a single facet of a parent's life become the only thing that matters about them and their children.

Some moms, like June Cleaver (above) from Leave it to Beaver or Happy Days' Mrs. Cunningham (below), were considered by some TV viewers as being the perfect mothers . H/O

At Mommyish, a woman was criticized ruthlessly because she didn't know the dangers of organic toothpaste (no fluoride equals cavities for her toddler). And apparently, that single lapse in judgment makes her too "stupid" to adequately raise a child. This mistake is so egregious to some that she received the Holy Grail of mommy insults, "I feel sorry for your kids."

Maybe I'm still a little defensive, but I think in general that the kids will be alright. The new generation of little ones will adapt to the cultural changes just like we have.

It's the moms that I worry about. What divisive parenting practice will come up next, leaving a whole new set of moms open to ridicule and hostility?

Obviously, I think it's important to talk about parenting. I do it everyday. I think that having discussions about parenting practices helps us all make more informed decisions. But I also think that this openness and communication has led to the vilification of moms for big and little offenses alike.

We don't have to agree on everything. But as parents, maybe we should start trying to support each other, even when criticism feels like the natural reaction. Maybe we should step back and ask, "Is this practice actually endangering a child?" Because if the answer is no, hold back on those insults and try discussing your opinions without passing judgment or insulting anyone. The truth is that almost all moms are just trying to do the best they can. We simply all have different ideas of what that is. It doesn't make some right and some wrong, it makes us different. That's OK. We can still support one another.

Mushrooms that melt in your mouth

This recipe serves two. NEWS CANADA

The mushrooms in this sandwich squish into the melted cheese and the textures are matched perfectly and the rounded flavours of one grants gusty oomph to the creaminess of the other.

1. In small bowl, combine chèvre, 2 tablespoons of Parmesan, herbs and lemon zest. Mix lightly. Set aside.

2. In cast iron skillet over medium heat, melt butter. Once bubbling, sprinkle in dried chili flakes, raise heat to medium-high and add mushrooms. Cook 2 mins, stirring often, then add shallot and season with salt and black pepper. Continue to sauté until mushrooms browned and most of moisture has evaporated, 6 mins. Remove from heat, check for seasoning, and stir in thyme. Set aside.

3. Divide cheese mix over bottom halves of buns. Sprinkle reserved Parmesan over top, then place open sandwiches under hot broiler until cheese is golden and bread is toasted.

4. Meanwhile, toss arugula with olive oil, lemon juice and season with salt and pepper.

5. When the sandwiches are ready, pile half of the mushrooms on one cheese toast. Drizzle with olive oil if desired and top everything with arugula and top piece of bread. Repeat with the second sandwich.

NEWS CANADA/ MUSHROOMS.CA/ TARA O'BRADY OF SEVEN SPOONS BLOG

Ingredients

- 3 ½ oz fresh chèvre
- ½ cup grated Parmesan
- 1 tbsp minced parsley
- 1 ½ tsp minced chives
- Grated zest from half a lemon
- 1 tbsp butter
- ¼ tsp dried chili flakes
- 3 oz crimini, cleaned and trimmed, cut in halves or quarters, depending on size
- 3 oz king oyster mushrooms, cleaned and trimmed, sliced lengthwise
- 3 oz shiitake mushrooms, cleaned and trimmed, torn into rough pieces
- Kosher salt and freshly-ground black pepper
- ½ tsp fresh thyme leaves
- 2 medium buns, split
- ½ cup loosely packed arugula leaves
- Extra-virgin olive oil for drizzling
- Juice from half a lemon

Healthy eating

Choose it and lose it

ROSE REISMAN
for more, visit rosereisman.com

Burgers are a lunch favourite but you need to watch those toppings and side dishes because the usual suspects will cost you in calories, fat and sodium.

Montana's Canadiana Burger with Fries

1,480 calories/ 89 g fat/ 29 g saturated fat/ 3,150 mg sodium
This burger's fatty Peameal bacon, Colby cheese and mayo result in a day's worth of calories and fat.

Equivalent

Aside from the fat, calories and two days worth of sodium, the Canadiana Burger from Montana's is equal to 1 cup of salted butter in calories.

Montana's Sirloin Burger with Mashed Potatoes

880 calories/ 48 g fat/ 20.5 g saturated fat/ 1,580 mg sodium
This burger can be loaded with veggies. Mashed potatoes save you more than 300 calories.

london transit

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Fax: 519-451-4411

Invitation - LTC Town Hall

The London Transit Commission will be holding a series of Town Hall meetings to offer an opportunity for the public to visit information stations and provide comment on the following:

- LTC's 2012 Service Plan
- LTC's Accessibility Plan
- Introduction of Smart Card
- Overall System Performance

There will also be an opportunity to meet the Commissioners and express your comments on the above and LTC services in general.

Date: Tuesday, June 5, 2012 – Kinsmen Recreation Centre
Thursday, June 14, 2012 – South London Community Centre
Wednesday, June 20, 2012 – Stronach Park

Time: 6:00 pm to 8:00 pm.

Agenda:

6:00 – 6:15 Opening Remarks (Chair of London Transit Commission)
6:15 – 8:00 Visiting of Information Stations

We are happy to accommodate any special needs and request that you advise us one week in advance of the meeting you plan to attend on your requirements by calling Caroline Roy at (519) 451-1340 ext. 335.

Information also available on LTC's website at www.ltconline.ca.

Wherever life takes you

Career checkup

Trends. Chronic diseases and elder care will impact health-care field in the coming years

YLVA VAN BUUREN
For Metro

The aging population and the prevalence of chronic diseases are two huge trends that will impact careers in health care in Canada in coming years.

"We must think through how we organize health-care services for the growing population of seniors," says Judith Shamian, president of the Canadian Nurses Association, Ottawa, "to make sure they stay as healthy and functional and at home for as long as possible."

According to the Canadian Institute of Health Information (CIHI), 93 per cent of seniors live at home and that's where they would like to stay for as long as possible.

At the same time, chronic diseases such as diabetes, heart disease, obesity and cancer are now the biggest global cost drivers in health care, says Shamian.

Here is a look at how these trends may translate into health-care careers.

DISEASE MANAGEMENT AND PREVENTION

By 2025, one in four Canadians will be older than the age of 65. And three-quarters of seniors have at least one chronic health condition, says Kathleen Morris, director of health system analysis and emerging issues at CIHI, Ottawa.

"Today we manage the disease," says Shamian, "but we're not managing the lifestyle factors that increase the risk of chronic diseases, nor the prevention."

Doctors, nurses and physical therapists are key, but patients (young and old) need "preventive" counselling, too — how management and healthy lifestyle habits may prevent conditions from worsening (or developing in the first place).

GERONTOLOGY

There is a growing need for health-care providers who specialize in the elderly. Research shows that seniors actually do better when they are cared for by doctors who specialize in the care of older adults — or geriatricians, says Dr. Ken Rockwood, geriatrician, professor and director of geriatric medicine research at Dalhousie University, Halifax.

INTEGRATED CARE

"As people age, they have more than one illness, and often more than one illness active at a time," says Rockwood. Integrated care will become more important with collaboration between the different health professionals.

HOME HEALTH CARE

Home health care is important for seniors who want to remain at home, but also because people are increasingly discharged early from hospital and still require continuing care, says Pam Nordstrom, director of the School of Nursing at Mount Royal University in Calgary.

Along with traditional health services such as nursing, physiotherapy and mental health support there may also be supportive roles in helping co-ordinate and deliver the range of services needed.

Explore the many rewarding careers available in the health-care field.
STOCKBYTE/THINKSTOCK

TECHNOLOGY

Engineering and computer sciences have a role in health care because they can help make a home and public facilities more senior friendly — from memory aids to bigger utensils and shower chairs.

SUPPORT SERVICES

Manpower forecasts an increase in non-clinical jobs in health care such as medical clerks and assistants, bilingual service reps, health and safety co-ordinators, and clinical data managers.

"These jobs are not age discriminate," says Michelle Dunnill, Toronto branch manager, Manpower, "and often great for people changing careers."

There is also a need for senior support services such as snow shovelling, home maintenance and transportation.

Become part of the NP team

A nurse practitioner (NP) just might be the hottest career in health care. These nurses provide primary care that includes health promotion and illness prevention, too — skills that are needed in today's world.

But that's not all.

A nurse practitioner is a registered nurse with additional education and experience, which allows for a broader role than that of a registered nurse. A nurse practitioner can diagnose patients, prescribe most medications and order diagnostics tests such as X-rays and ultrasounds as well as lab work and blood work.

"The nursing perspective and blend that the nurse practitioner can bring is a perfect opportunity to provide improved care, and it also improves access for patients," says Claudio Mariano, president of Nurse Practitioners' Association of Ontario.

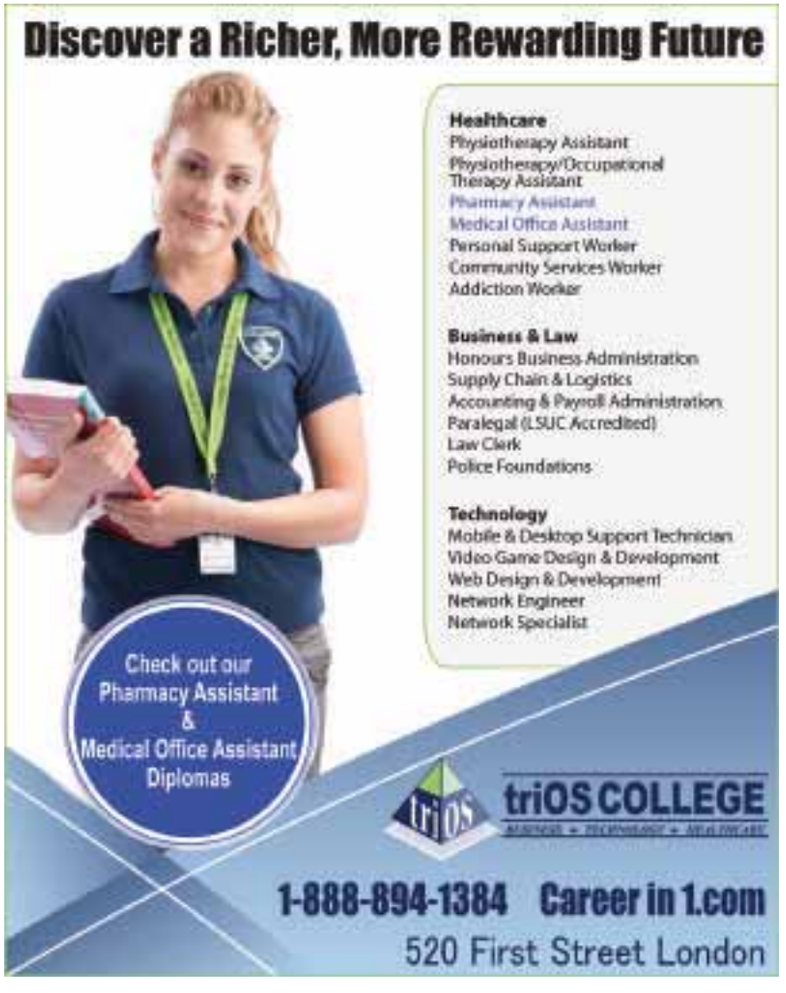
"We are responsible for providing clinical care to patients and managing chronic disease like diabetes and high blood pressure and just for providing routine wellness care and health screening in the context of physical examinations and general wellness care and health promotion."

The nurse practitioner is always part of a team, employed in community clinics, healthcare centres, doctors' offices, nursing homes and emergency departments of hospitals.

"Nurse practitioners have played a valuable and essential role in the system for many decades," says Judith Shamian, president, Canadian Nurses Association. "Given the stress the health-care system is currently under, now is the time to realize just how much more value nurse practitioners can bring to Canadians' health care."

To apply to a nurse practitioner program, you have to be a registered nurse with a four-year undergraduate degree in nursing and a minimum of two years experience as an RN.

For more information, contact the college of nurses or the nurse practitioners' association in your province or territory. YLVA VAN BUUREN



Hospitals. A little bit of joy during trying times

JON TATTRIE
For Metro

In a busy hospital for children, young patients may be overwhelmed by the doctors, nurses and technicians buzzing in and out of their room — which makes the unexpected appearance of a hospital clown all the more wondrous.

One of the most established programs in Canada is at Toronto's Hospital for Sick Children. Kathleen Le Roux worked as a therapeutic clown there for 10 years and is a founding member of the Canadian Association of Therapeutic Clowns.

"It was joyful, it was exciting, it was sad at times, it was moving, it was playful. It was many things," she says of her work at the hospital. "The goals and benefits of therapeutic clown work are to help alleviate stress and to improve the quality of life of those coping with illness. Therapeutic clowns focus on patients' abilities and strengths, always seeking to empower and give choice to the patient."

The clowns also work with medical professionals to monitor a child's recovery, for example, reporting how children with brain injuries improve in their eye-tracking of the clown's movements.

Therapeutic clowns Heather Annis, left, and Kathleen Le Roux.
CONTRIBUTED

Getting work as a hospital clown requires a strong background in clowning. You can study clowning as part of a theatre degree, at a workshop, or at professional schools in France. From there, therapeutic clowns take a six-month or year mentorship for hospital work.

Le Roux cautions clowning is not a career for the faint of heart.

"It means examining the self because the clown is really oneself in your full authenticity. It's one of the scariest things to do. You really have to accept yourself; all of your great strengths and weaknesses and vulnerabilities."

Visit Leslie Traill's website at sexyoversixty.com.

She's making a list, and marking it 'life'

It's never too late for a turnaround. Leslie Traill is helping those around her reach their full potential

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Leslie Traill is a master of career reinvention.

From the legal profession, to the fashion world to becoming a successful life, health and wellness coach, Leslie has grown and evolved along with her career.

She says the keys to reinventing yourself are having the courage to act on your ideas, overcoming fear and doubt and then identifying tangible goals.

"Write down what you want to accomplish in a month then break it down to what you can do per week and each day. You make yourself accountable and that's what I found to be the most important thing in reinventing myself. When you look at your list and it's all crossed off you have an incredible sense of accomplishment and it gives you the strength and self confidence to move forward to the next day."

Now in her sixth decade of life, Leslie says she's cracked the code of youthfulness and is passing it on to her clients through meditation and coaching.

"I empower women aged 45 and beyond to live vital, youthful, healthy and focused lives. Change your mind, change your body, change your life!"

Write it down

"When you look at your list and it's all crossed off you have an incredible sense of accomplishment and it gives you the strength and self confidence to move forward to the next day." Leslie Traill

Game plan

A coach's advice

- Be clear about your passion and take tangible steps to make it happen. Go for it.
- Write down where you want to see yourself in five years. Then do monthly, weekly and daily planning.
- Break down the doable steps to get there and make them your goals.
- Allow yourself to make mistakes and don't allow any naysayers to put out your passion.
- Create a team. If you surround yourself with like-minded people it allows you to get over the little humps in life on your way to success.

Paint your way to cleaner air

Damage control. Can a new kind of paint 'react to pollutants and neutralize them'? Metro investigates

BEN KNIGHT
life@metronews.ca

Most efforts to combat air pollution focus on keeping pollutants from hitting the air in the first place.

Ultimately, that simply isn't possible — especially in the world's biggest, most polluted cities.

But now an innovative company in the Philippines has found a way to remove dangerous nitrogen oxides (NOx) from the air in traffic-snarled Manila.

… Using paint.

"We're trying to turn something that is harmful to human health and the environment into something that is essentially harmless," says Johnson Ongking, vice-president of Boysen Paints.

The product — called Boysen KNOxOUT — is an exciting new use for titanium dioxide, a chemical commonly used to make paint white.

"When you make it into a really small size, you amplify its ability to react to pollutants and neutralize them," Ongking explains.

"It also gives the paint self-cleaning properties. It's really powerful stuff."

Basically, the paint reacts with light and the water vapour in the air, snagging NOx and converting it into calcium nitrate, a far less dangerous compound.

"Calcium nitrate is used as a fertilizer," he adds. "So, in essence, what you've done is locked up a harmful gas into a solid particle, that can just be washed off the wall."

The paint causes the reaction, but isn't actually consumed by it. This means the titanium dioxide catalyst never gets saturated.

"As long as the paint's on the wall and you've got a source of light, the process just keeps going on. It's really the water vapour molecules doing the work."

Tests at high-pollution traffic junctions in Manila are showing a 20 per cent drop in NOx levels.

The company is now commissioning eight gigantic roadside murals to be painted with KNOxOUT — each a thousand-square metres.

"One of the things people do when they want to help the environment is to go plant a tree," Ongking says. "One square meter of our paints cleans as much NOx as a mature tree. One artwork of a thousand square metres is really like planting a thousand trees."

Early results are so encouraging, the paint is now being studied by cities around the world.

"There's been really strong interest," he concludes. "Air pollution is a problem globally."

Take that, pollutants: Boysen KNOxOUT paint can help remove dangerous nitrogen oxides from the air. ISTOCK IMAGES

Breathing easier

The paint's potential:

- **20%.** The reduction in nitrogen oxide recorded in high-traffic sections of Manila during trails of Boysen KNOxOUT anti-pollution paint.

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4

SPORTS

UFC

"It's not bad for a nice guy, huh?... Frank Mir is a really good fighter, too. I came here to defend my belt, and I did it."

UFC heavyweight champion Junior Dos Santos, who picked apart two-time ex-champion Frank Mir with superior boxing throughout their title fight on Saturday in Las Vegas, eventually sending Mir stumbling onto his back before finishing him with one last blow to the head.

On the web

Marty McSorley hopes the Kings stick it to the Devils. It was 19 years ago that the former pugilist was whistled for an illegal curve on his stick in Game 2 of the 1993 Stanley Cup final against Montreal. The penalty led to a Habs win on their way to a Stanley Cup victory. Scan the code for the story.

Canada's Ryder Hesjedal kisses the trophy after winning the 95th Giro d'Italia Sunday in Milan. FABIO FERRARI/THE ASSOCIATED PRESS

Hesjedal storms to victory in Italy

Giro d'Italia. 31-year-old is first Canadian to win one of cycling's three major tour races

Canada's Ryder Hesjedal didn't realize history was within his grasp until he was about five kilometres from the Giro d'Italia finish line.

Aware he had a chance to overcome Joaquin Rodriguez's 31-second overall lead in Sunday's final stage, Hesjedal broke out onto the streets of Milan determined to keep victory from slipping away.

Only near the end did he find out he would become the first Canadian to win one of cycling's three major tour races.

"Nothing anyone could have said to me could have changed how hard I rode," he said.

Hesjedal took 34 minutes 15 seconds to complete Sunday's 28.2-kilometre individual time trial in sixth — 20 places ahead of his Spanish rival. His 16-second margin of victory was the second closest in Giro history.

"It's just been an unreal experience from Day 1, what the team was able to do. It's unbelievable," said the Victoria native, who finished the race in 91 hours 39 minutes two seconds. "This is incredible. It's a dream come true."

Like the rest of the riders, Hesjedal had been through a demanding mountain ride to the top of the Stelvio Pass in northern Italy on Saturday.

"Yesterday was extremely hard," he said. "I got through it and I knew as I was on the helicopter descending into Milan that I still had a shot. This morning I just felt incredible on my bike and I knew I could do it."

Though he hadn't taken his victory chances seriously before the race, Hesjedal's thinking started to change after he first wore the overall leader's pink jersey in Stage 7.

"The day I pulled on the jersey for the first time, I knew I was good and could accomplish something great and that drove me harder."

Prime Minister Stephen Harper was among the Canadians celebrating.

"This remarkable win in one of bicycle racing's most gruelling competitions is a testimony to Mr. Hesjedal's training, endurance, skill and competitive spirit," Harper said in a statement.

THE CANADIAN PRESS

Bright future

Hesjedal, only the third non-Italian to win the Giro d'Italia in 15 years, said that his win will do wonders for cycling in Victoria and hopefully inspires the next generation of Canadian cyclists.

- "I think Canadian cycling is at the highest level it's ever been and I think this will just continue that movement," he said. METRO

Golf

Johnson on top again at Colonial

Zach Johnson was so caught up in the emotion of another Colonial title and a victory in honour of his caddie's late father that he forgot to properly remark his ball before his final putt.

Even with a two-stroke penalty, Johnson won by one over Jason Dufner and got to slip on the plaid jacket Sunday for his first victory since also winning at Hogan's Alley two years ago.

"There's a number of adjectives I'm calling myself right now. And lucky would be the biggest one," Johnson said.

THE ASSOCIATED PRESS

Zach Johnson poses with the trophy Sunday in Fort Worth, Texas. GETTY IMAGES

NFL

Lions' Nick Fairley arrested on DUI charge

Detroit Lions defensive tackle Nick Fairley has been arrested in Alabama on charges of driving under the influence and attempting to elude police, his second arrest in his home state in two months.

Alabama state troopers say the 24-year-old passed a state trooper early Sunday morning at 100 mph in his Cadillac Escalade in unincorporated Mobile County. THE ASSOCIATED PRESS

Horse racing. No formal workouts for I'll Have Another before Belmont

Trainer Doug O'Neill is taking an unconventional path to a Triple Crown bid by using a series of strong gallops rather than formal workouts to prepare Canadian-owned I'll Have Another for the Belmont Stakes on June 9.

"There will be a lot of days when I'll Have Another, strictly galloping, will pass a lot of workers," O'Neill said Sunday morning after taking a red-eye flight from his West Coast base and being reunited with his Kentucky Derby and Preakness winner.

The last three Triple Crown champions, Secretariat (1973), Seattle Slew (1977) and Affirmed (1978), all drilled at least one mile in preparation for the 1 1/2-mile "Test of the Champion." The Belmont is the longest of the Triple Crown races.

O'Neill's pre-race handling of the colt is likely to spark discussion and debate. Seattle Slew, for instance, was given three workouts to fortify him for the Belmont marathon. He went three furlongs in a sizzling 35 4/5 seconds the day before he beat Run Dusty Run by four lengths.

THE ASSOCIATED PRESS

Formula 1

Webber's win in Monaco leaves title race wide open

If Mark Webber's victory in the Monaco Grand Prix from pole position came as no surprise given the nature of the track, the Australian's triumph on Sunday still made Formula One history and left the championship even more open after six races of a thrilling season.

For the first time ever in the sport, a sixth different driver has won each of the six opening races.

THE ASSOCIATED PRESS

Auto racing. Franchitti pulls off Indy 500 hat trick

Dario Franchitti stamped his name in the record books, as a three-time winner of the Indianapolis 500.

But this was not about Franchitti: It was all for Dan Wheldon.

Franchitti won a wheel-to-wheel, last-lap battle Sunday, sailing away to the checkered flag when Takuma Sato spun out trying to make one last pass on the inside and slammed into the wall. Franchitti's Chip Ganassi Racing teammate Scott Dixon crossed the finish line right behind the Scotsman.

Third went to Tony Kanaan, making it a podium sweep for Wheldon's three closest friends in the IndyCar series. Wheldon, the defending race winner, was killed in the October season finale, and the entire day was in honour of D-dub, their fallen friend. THE ASSOCIATED PRESS

Dario Franchitti celebrates in victory circle Sunday at Indianapolis Motor Speedway. THE ASSOCIATED PRESS

Sports in pictures

1 MLB. Halladay leaves with shoulder soreness in Phillies loss

Roy Halladay gave up a grand slam to Yadier Molina in an abbreviated two-inning start before leaving with shoulder soreness, and the St. Louis Cardinals avoided a four-game sweep with an 8-3 win over the Philadelphia Phillies on Sunday.

Halladay (4-5) departed with a 3.98 ERA after an outing that matched the second-shortest outing of his career. The team said the two-time Cy Young winner was taken out as a precautionary measure and that he'll be re-evaluated in the next few days.

THE ASSOCIATED PRESS

2 NBA. Heat-Celtics to meet again in Eastern Conference finals

In 2010, Boston ousted Dwyane Wade in the first round and LeBron James in the second round. A year later, Wade and James were teammates and turned the tables, sending the Celtics into the off-season.

Here comes the tiebreaker. The Celtics and Miami Heat will clash again after Boston's 85-75 win in Game 7 of the East semifinal on Saturday.

"Inevitable. It's the matchup the game of basketball wants," Wade said Sunday afternoon.

THE ASSOCIATED PRESS

3 Tennis. Venus advances in France

Venus Williams beat Paula Ormaechea 4-6, 6-1, 6-3 to advance to the second round of the French Open on Sunday. It was her first match at a major since revealing she had been diagnosed with the autoimmune disease Sjogren's syndrome.

THE ASSOCIATED PRESS

4 Diving. Imbeau-Dulac punches ticket to London Olympics

Francois Imbeau-Dulac won the men's three-metre final at the Canadian Olympic diving trials Sunday in Montreal.

Imbeau-Dulac beat out Olympic veteran Reuben Ross, finishing with a total score of 922.95 to claim Canada's second men's spot in the three-metre competition this summer in London. THE CANADIAN PRESS

Jays loss ends tough weekend in Texas

MLB. Toronto doubled up by powerful Rangers in series finale to forget in Arlington

Jose Bautista was the go-to guy for answers Sunday in Arlington after the Toronto Blue Jays suffered their worst beatdown in a series this season.

"Everyone's entitled to their opinion, but I don't see this road trip as a measuring stick for how the rest of the season will go," Bautista said in the morose aftermath of a 12-6 loss administered by the Rangers before 46,637 at the Ballpark in Arlington.

"We have to go out and win (Monday), just like any other time."

Indeed, the Jays open an important home stand with three games against first-place Baltimore and three more against Boston. A repeat of their performance on this road trip, where they were swamped in three games with the Rangers, and went 1-5 overall, will likely plummet them into the cellar of the East Division.

That fate nearly played out Sunday. A Boston win over Tampa would have vaulted the Red Sox past the Jays and sent Toronto into last for the first time this season.

As it is, the BoSox are only a half game behind. The Jays, who gave up 33 runs, 44 hits, and 10 homers to the Arlington bashers, obviously need to be better.

"I don't think that has anything to do with how good or how bad we were in these three games, it's a result of how good they (Rangers) are hitting the ball, not how we're playing," Bautista said.

Jays catcher J.P. Arencibia talks with Kyle Drabek on Sunday in Arlington, Texas. Drabek gave up nine runs in three innings in Toronto's loss. COOPER NEILL/GETTY IMAGES

Sunday's game

Rangers	Blue Jays
12	6

Before they regroup, the Jays need to assess their roster to determine who is healthy enough to begin the much needed turnaround.

Yunel Escobar left Sunday's game after five innings with tightness in his groin muscles. Escobar, who felt a tweak going first to third early in the game, is listed as day to day.

Kelly Johnson missed his second straight game with hamstring problems. Those problems stem to the attachment area behind his knee. Johnson received a cortisone shot Friday and while he's been assured the inflammation won't worsen, there's no indication yet if the medication will take affect and allow him to play Monday.

TORSTAR NEWS SERVICE

Quoted

"We're earning our stripes and maybe in some ways we're earning them the hard way."

John Farrell, Blue Jays manager

Lineup shuffle

The Jays recalled right-hander Chad Beck and selected the contract of right-hander Jesse Chavez from Triple-A before Sunday's game.

- To make room, the Jays optioned infielder Yan Gomes to Las Vegas and right-hander Ryota Igarashi for assignment.
- Gomes hit .227 with two homers and five RBIs in eight games with Toronto. Igarashi, called up from Triple-A Friday, pitched one inning and allowed four runs in two appearances against the Rangers.

THE ASSOCIATED PRESS

DeBoer steered Devils back on track

NHL. A year after being fired as coach of Florida, Peter DeBoer has guided New Jersey to Stanley Cup final

Peter DeBoer, in the eyes of many, was a surprise choice as the next coach of the New Jersey Devils. Fresh off the franchise's worst season in recent memory, Devils general manager Lou Lamoriello last summer turned to DeBoer to rescue a team that was low on morale, lower on scoring punch and desperate for a new identity.

But why DeBoer? In three seasons with Florida, he could not push the Panthers into the post-season once.

"You have to go through ups and downs," Lamoriello said on July 19, 2011, after introducing DeBoer. "I think what he went through (in Florida) just made him a better coach. And I felt that in the conversations we had — because of the questions that were asked — the answers that were given were open, down to earth and honest."

Some 10 months later, DeBoer has more than answers. He has results. After leading New Jersey to 102 points in the regular season and placing the Devils back in the playoffs after missing the tournament last year for the first time since 1996, DeBoer calmly quarterbacked the organization's fifth run to the Stanley Cup final.

And the path taken is what will be a lasting memory not only within this proud organization, but for the fans as well. Win or lose against Los Angeles in the final, which opens with Game 1 in New Jersey on Wednesday night, DeBoer's first three playoff-series victories will be etched in minds for a long time.

"You know, this is a resilient group," DeBoer said. "We've just been getting better and better. Just like our season, we talked about a slow build. So, we're trending in the right direction, and I think we're playing our best hockey right now."

THE ASSOCIATED PRESS

Quoted

"You enjoy every minute of it, as much as you can, because it's awful tough to get here."

Devils coach Peter DeBoer

Peter DeBoer talks to the media in Newark, N.J., on May 15. THE CANADIAN PRESS

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Meetings & Reunions

68th Anniversary of D-Day Landing!
The First Hussars Association will be holding an **open house & reunion** from **June 1st-3rd.** We welcome all former Hussars, their families & the public to this event. Open house from 11:00am-5:00pm Saturday June 2nd at Wolseley Barracks, 701 Oxford St, East. The D-Day Parade, in Victoria Park, on June 3rd at 11am. Contact us through Facebook "1st Hussars Reunion" or call Jonathan Kisslinger at 519-686-9409 for more info.

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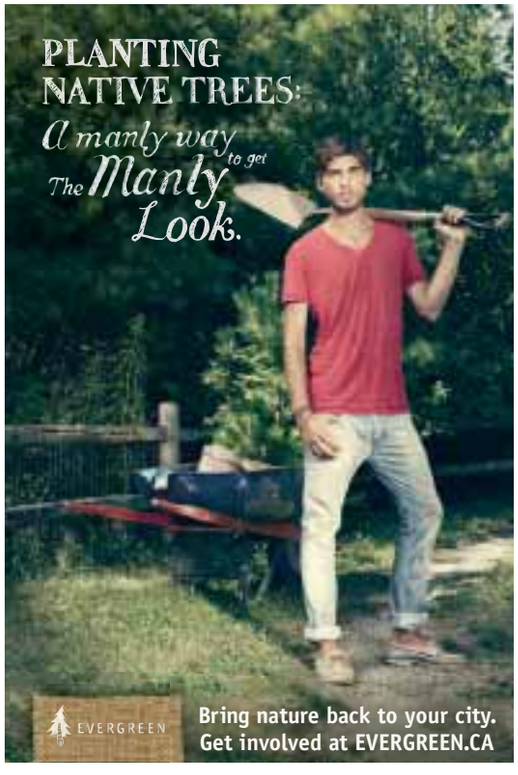

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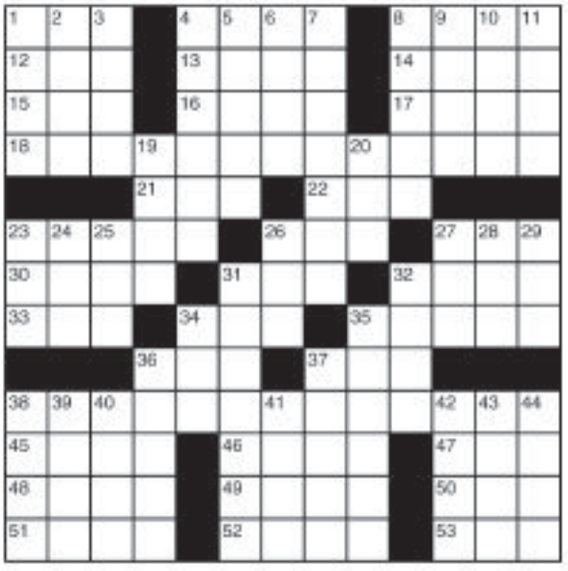
Across
1 Throttle
4 Urban fleet
8 Fellow
12 Carte lead-in
13 Make eyes at
14 Late-night talker
15 Scale member
16 Disposition
17 Table scraps
18 1978 Warren Beatty movie
21 Nevada city
22 Heavy weight
23 Mawkishly old-fashioned
26 A handful
27 Dracula, at times
30 Saharan
31 Massachusetts cape
32 Dog sledder's "giddyap"
33 Cribbage scorer
34 Carton
35 Emptily talkative
36 Get dressed in
37 Writer Fleming
38 1980 Chevy Chase movie
45 Peregrinate
46 Sandwich treat
47 Sapporo sash
48 Unaccompanied
49 Kennel cries
50 Supporting
51 Tournament format
52 Meyers of SNL
53 Nourished

Down
1 Long cut
2 Shaving-cream additive
3 Festive
4 Beautiful
5 Great pain
6 United nations
7 Tranquilized
8 Circus performer
9 Zeus' sister
10 Con
11 Mail
19 Hawk
20 Promptly
23 Upper limit
24 Raw rock
25 Predetermine the outcome
26 "The Simpsons" network
27 Clear the tables
28 Donkey
29 Biblical possessive
31 Protective escorts
32 Opposite of 26-Across
34 Downy accessory
35 Winter boot
36 Minion of Satan
37 Clumsy / 38 Roughly
39 Basketball goal
40 Gilligan's Island cast member
41 Pennsylvania port
42 Opposite of 36-Across
43 Reed instrument
44 Encircle

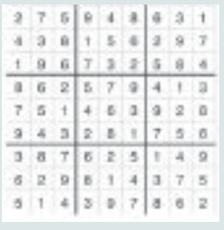


Sudoku

3						6	4	
	4	6			5			
		7			1	9		
8				6			1	
	5	3				2	8	
	7			2				3
		4	1			3		
			7			4	5	
	9	2						6

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku



Friday's Crossword

Cryptoquip

How to play
This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

HW Q AGGYEQDY YIHKZ CQY KG MCGGUI GDI OSIWISSIY YQZ GW KCI AIIR, AGJEY HK OHMR UQKZS-YQZ?

Yesterday's Cryptoquip: IF YOU'RE CHEERING FOR A MAN WHO'S PLAYING TUG OF WAR, COULD YOU SAY THAT'S PULLING FOR HIM?
Today's Cryptoquip Clue: G equals O

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Horoscope

Aries | March 21 - April 20. Make an effort to notice what goes on around you. If you keep your eyes and ears open you could make some serious money.

Taurus | April 21 - May 21. Get daily tasks out of the way as quickly as possible. You may or may not get a pat on the back for your efforts but it doesn't matter.

Gemini | May 22 - June 20. The stars suggest that something special is on the way.

Cancer | June 21 - July 22. Today you can finally put a name to your fears and work out why it is that you have been so uneasy of late.

Leo | July 23 - Aug. 22. Your path to success is through reaching out to other people. Work harder to bring down barriers that have been standing in the way of good relations.

Virgo | Aug. 23 - Sept. 22. It's time to get serious about your career. Take advantage of opportunities before they leave you behind.

Libra | Sept. 23 - Oct. 22. Nothing is out of reach once you make the decision to go for it. Remember that — and act on it.

Scorpio | Oct. 23 - Nov. 21. A problem that has been nagging away at you in recent weeks can be dealt with directly now.

Sagittarius | Nov. 22 - Dec. 21. Your challenge this week is to work with other people without letting their little ways irritate you — too much.

Capricorn | Dec. 22 - Jan 20. Today there may well be occasions when you act out of character and take risks that usually you would avoid like the plague.

Aquarius | Jan. 21 - Feb 18. Decide what it is you want to achieve, hold that vision in your mind's eye, then do the things that will make it happen. It's that easy.

Pisces | Feb. 19 - March 20. You may have to make some concessions over the next few days, including putting old disputes and disagreements to one side.

SALLY BROMPTON

Caption Contest

"I hope this isn't one of those things your tongue freezes to!"
Maria

ANDREW MILLIGAN/PA/THE ASSOCIATED PRESS

Win!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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